

**FAKULTAS KEPERAWATAN
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**HUBUNGAN KEPATUHAN TENTANG DIET, PENGOBATAN DAN
AKTIVITAS FISIK TERHADAP PENGENDALIAN TEKANAN DARAH
PADA LANSIA PENDERITA HIPERTENSI DI WILAYAH KERJA
PUSKESMAS BELIMBING PADANG**

ABSTRAK

Hipertensi merupakan masalah kesehatan masyarakat di dunia dimana terjadinya peningkatan tekanan darah sistolik dan diastolik dengan konsisten 140/90 mmHg. Prevalensi hipertensi meningkat seiring dengan meningkatnya usia dimana lebih dari separuh orang yang berusia 60 sampai 69 tahun dan $\frac{3}{4}$ dari yang berusia 70 tahun keatas menderita hipertensi. Tekanan darah perlu dikendalikan, hal ini dapat dilakukan dengan mematuhi diet, pengobatan dan aktivitas fisik. Penelitian ini bertujuan untuk meneliti hubungan kepatuhan tentang diet, pengobatan dan aktivitas fisik terhadap pengendalian tekanan darah pada lansia penderita hipertensi di wilayah kerja Puskesmas Belimbing Padang. Penelitian ini menggunakan desain analitik dengan pendekatan *cross sectional*. Sampel penelitian ini berjumlah 89 orang lansia penderita hipertensi dengan teknik *proporsional random sampling*. Instrumen penelitian menggunakan *Compliance to Dietary Regimen Questionnaire*, *Morisky Medication Adherence Scale (MMAS-8)*, dan *General Practice Physical Activity Questionnaire (GPPAQ)*. Teknik analisis data menggunakan uji *chi-square*. Hasil penelitian menunjukkan 73% responden memiliki tekanan darah yang tidak terkendali, 52,8% responden memiliki kepatuhan diet sedang, 71,9% responden memiliki kepatuhan pengobatan yang rendah dan 40,4% responden kurang aktif dalam melakukan aktivitas fisik. Terdapat hubungan yang signifikan antara kepatuhan diet terhadap pengendalian tekanan darah ($p=0,000$), kepatuhan pengobatan terhadap pengendalian tekanan darah ($p=0,000$), dan aktivitas fisik terhadap pengendalian tekanan darah ($p=0,000$). Kepatuhan terhadap pengobatan merupakan faktor yang dominan dalam hubungannya dengan pengendalian tekanan darah pada lansia penderita hipertensi. Diharapkan kepada tenaga kesehatan di puskesmas agar dapat memberikan pendidikan kesehatan terkait hipertensi dan pentingnya menjaga tekanan darah agar tetap terkendali.

Kata kunci : aktivitas fisik, hipertensi, kepatuhan diet, kepatuhan pengobatan, pengendalian tekanan darah

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The Relationship of Dietary Adherence, Medication Adherence and Physical Activity toward Blood Pressure Control in Elderly with Hypertension in Working Area of Puskesmas Belimbing Padang

Abstract

Hypertension is a public health problem in which there is constant increase of systolic and diastolic blood pressure, specifically at 140/90 mmHg. Hypertension prevalence increases as the age increases, in which more than a half of people whose ages are 60 to 69 years old and $\frac{3}{4}$ whose age above 70 years old, suffer from hypertension. Blood pressure should be controlled. This can be done by adhering to diet, medication and physical activity. This study aims to examine the relationship of Dietary Adherence, Medication Adherence and Physical Activity toward Blood Pressure Control in Elderly with Hypertension in Working Area of Puskesmas Belimbing Padang. This study used analytic design with cross sectional study. The sample of this study was 89 elderly with hypertension, with purposive sampling technique. The instruments used in this study were Compliance to Dietary Regimen Questionnaire, Morisky Medication Adherence Scale (MMAS-8), and General Practice Physical Activity Questionnaire (GPPAQ). Data were analyzed using chi-square test. This study results showed that 73% of the respondents had uncontrolled blood pressure, 52.8% of the respondents had moderate diet adherence, 71.9% of the respondents had low medication adherence and 40.4% of the respondents were less active in physical activity. There was a significant relationship between diet adherence to blood pressure control ($p = 0.000$), medication adherence to blood pressure control ($p = 0.000$), and between physical activity to blood pressure control ($p = 0.000$). Medication adherence is a dominant factor in relation to blood pressure control in elderly with hypertension. It is expected to health workers in Puskesmas to provide health education related to hypertension and the importance of keeping blood pressure under control.

Keywords : blood pressure control, dietary adherence, hypertension, medication adherence, physical activity

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